



# How to Practise **Self-Compassion** in Recovery



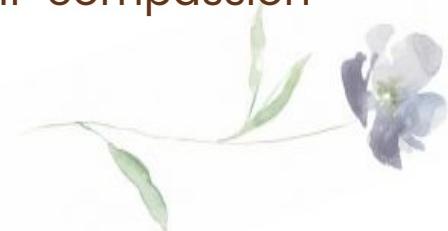


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# Introduction

In today's fast-paced world, self-compassion is a vital component of recovery. Whether you're on a journey to [overcome addiction](#) or dealing with mental health issues, understanding and applying self-compassion can be a game-changer.





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# Table of Contents

01

**The Power of  
Self-Compassion**

02

**Understanding  
Self-Compassion**

03

**Integrating  
Self-Compassion  
into Recovery**

04

**The Role of EMDR  
and Accelerated  
Resolution  
Therapy**

05

**Challenges  
and Triumphs**

06

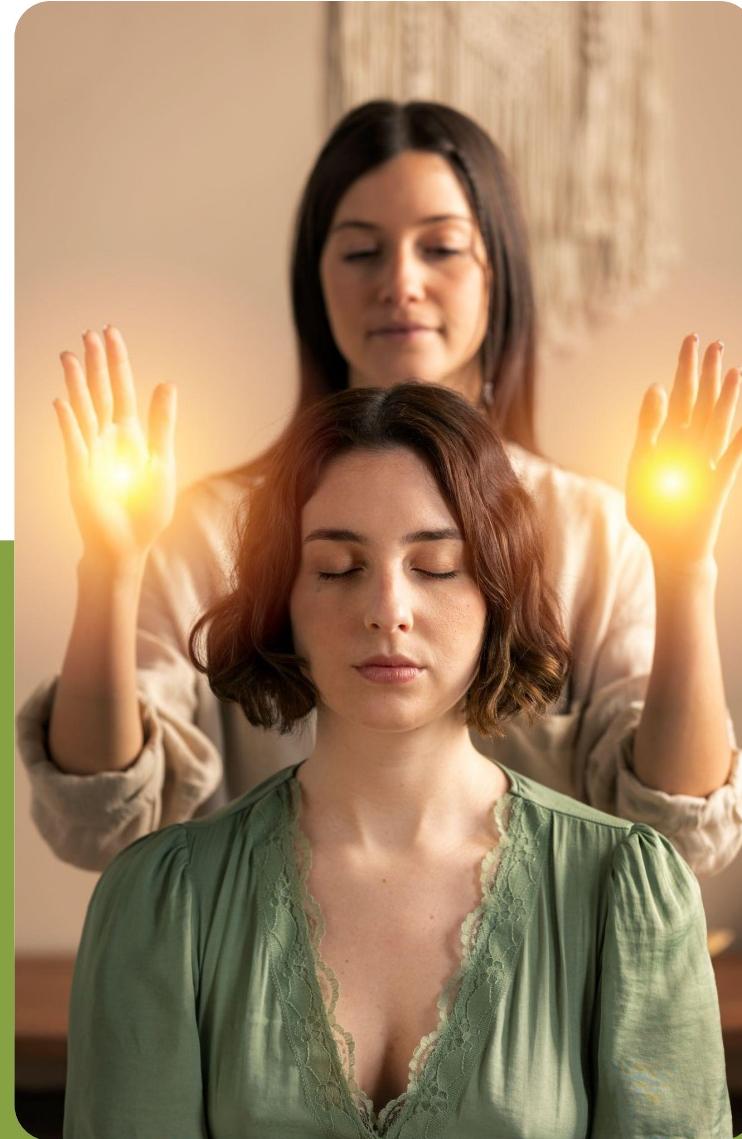
**The Journey  
Towards a  
Brighter Future**



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# The Power of Self-Compassion

The path of recovery is undoubtedly arduous, frequently laden with challenges that can be both daunting and bewildering. Individuals grappling with addiction, be it related to alcohol, drugs, or gambling, often find themselves ensnared within a relentless cycle of self-assessment.





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# Understanding Self-Compassion

Self-compassion isn't about self-indulgence or self-pity, it's about treating yourself with the same kindness and care that you would offer to a friend in times of need. It involves three key components

**Self-Kindness**

**Common Humanity**

**Mindfulness**





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# Integrating Self-Compassion into Recovery



Self-compassion can  
be integrated into  
your recovery  
journey in various  
ways



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# Integrating Self-Compassion into Recovery



Therapeutic  
Approaches



Supportive  
Networks



Medical Detox



Gambling  
Addiction  
Treatment



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# The Role of EMDR and Accelerated Resolution Therapy

Eye Movement Desensitization and Reprocessing (EMDR) and Accelerated Resolution Therapy (ART) are therapeutic approaches that have proven effective in addressing trauma and underlying issues contributing to addiction.



# Challenges and Triumphs

Recovery is not a linear process, and it's normal to face setbacks. Self-compassion reminds you that these setbacks are part of the journey.

In addiction recovery, understanding alcoholism, the root causes of addiction, and its relationship with mental health is crucial.



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# The Journey Towards a Brighter Future

As you persist in your voyage towards recovery, it is essential to understand that self-compassion is not a static endpoint but an enduring expedition.

It entails acknowledging your intrinsic value and affording yourself the kindness that you unquestionably merit.





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## Conclusion

Self-compassion, a formidable force in the realm of recovery, holds the potential for profound transformation. It is not a matter of disavowing one's past or the errors made but, rather, it is the act of welcoming the present moment with an abundance of kindness and empathy.